About the Cover:

Homemaking, an art

By FRANCES H. PAULETTE

A rolling pin, carved from a solid piece of oak, a butter mold, a bonnet.....reminders of by-gone days.

The picture on the front cover was taken in the 'warming kitchen' of the McLean House at the Appomattox Historical National Park. The 'warming kitchen' was not where the food was prepared but a room (it was usually adjacent to the dining room) where the food was kept warm until ready to be served. At the McLean House, the 'cooking' kitchen was out back a few steps in another building.

Yesterday, when the pace of living was slow, the homemaker had time to churn the butter, carefully mold it so that when it was served, the design would delight the eye just as surely as the flavor of the fresh country butter would delight the tastebuds.

If the homemaker found she had to hurry with her chores, she might forego the molding of the butter into a formal design but instead take the butter paddle and quickly 'shape it up' into a round or square pat. Country butter.....delicious, no matter how it was served.

In the picture a loaf of fresh, homemade bread, made from flour that was ground from wheat produced on the farm. No additives, just pure, farm-fresh ingredients. A delicious treat often served with jams or jellies made from fruit produced on the farm, or berries picked in nearby fields. Often served with honey from the hives nearby.

Herbs, grown and dried on the farm, ready to add flavor to the good things cooked in a leisurely manner in the kitchen of yesterday.

In the picture too, a 'side of meat".....pork, produced from hogs that were hand-fed with corn grown at home. Slaughtered and cured in the smoke house, the meat brought out the best in anything with which it was cooked.

Black-eye peas, dried and ready for us in the winter months. Nearly every household grew peas and beans, not only for use when fresh but enough to dry and use later.

A brass candle holder with a handle for carrying from room to room, before the time of all the conveniences we enjoy today.

Yesterday, today, and tomorrow.....homemaking, a n art.

Editors Note: The Times-Virginian acknowledges with grateful appreciation the courtes extended at the Historical Park in photographing the cover picture. Antique articles used in the picture courtesy of the Appomattox Court House Historical Park and Frances Paulette. (Photo by Allen Austin.)

For a Housewife

Beatitudes

Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege and her labor becomes a service to God and all Mankind.

Blessed is she who opens the door to welcome both stranger and well-loved friend; for gracious hospitality is a test of brotherly love.

Blessed is she who mends stockings & toys & broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings at her work; for music lightens the heaviest load and brightens the dullest chore.

Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusion; for her faith will triumph over all adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.

What Makes a Home?

Home

What makes a home?
I asked my little boy.
"You, Mother.
When Father comes.
Our table set all shiny
And my bed.
And, Mother, I think it's home
Because we love each other."
What would you say? If you were asked this question?
Tell me, pray.
Thus simply, as a little child we learn.
A home is made from love,
Warms as the goldenhearth fire on the floor.
A table and lamp for light.
And smooth white beds at night.
Only the old, sweet, fundamental things.
And long ago I learned;
Home may be near, home may be far,
But it is anywhere that love
And a few plain household treasures are.

Author Unknown

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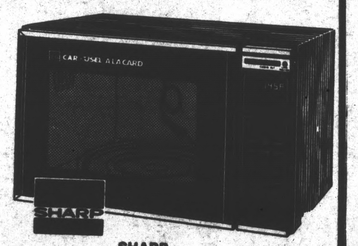

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The microwave: a food revolution

If you already own a microwave oven, you know just how amazingly fast and simple meal planning can be. In the beginning you may find that meals require a little more planning time; however, you will soon find that the cooking time saved is well worth the extra planning.

For new owners of microwave ovens, until you are completely at ease with your new appliance, you may want to allow yourself a little extra time in preparing a meal.

With the microwave oven, foods can be reheated without losing their fresh-cooked taste; foods can be thawed speedily.

As you become better acquainted with your new oven, you will find additional uses for it and learn to easily convert your own favorite recipies to microwave cooking.

Just what is microwave energy and how does it work?

Electronic or microwave energy is a type of high frequency radio wave. This energy in the form of invisible waves enters the cavity from the top of the oven and is guided down to the food which in many ovens is on a turntable which rotates the food while it cooks. Cooking with microwave energy differs from conventional energy in that there is no direct application of heat or process of heat penetration to cook the food. Heat energy is absorbed by the food when cooking by the conventional method, and this is a slow process. As microwaves pass through to the food in the oven, the microwaves cause the water molecules within the food to vibrate at extremely high speeds. This friction produces the intense heat which cooks the food. The high speed of vibration accounts for the dramatic savings in cooking time.

Cooking by microwaves can reduce regular cooking by up to 75 percent.

Microwaves are odorless and tasteless; they cannot affect the flavors of the foods you cook.

Foods cooked by microwaves usually taste better than foods cooked conventionally since microwave cooking is more rapid and there is less vitamin and flavor loss.

Don't be afraid to experiment in cooking with your microwave oven; use the recipes, timing, dish sizes, recommended in the book that comes with your oven as a guide to thawing, (defrosting), heating, or cooking similar foods that might not be specifically covered in your book.

Microwave cooking opens up many new possibilities for convenience and flexibility in the kitchen. There are many new types of utensils that can be used. Utensils change almost daily so look for new products as they come into your stores. You will find that manufacturers are not putting microwave information stickers on new products.

Read your Use and Care Guide booklet and Recipe Book Carefully and happy cooking!

Watermelon Rind Pickle

Watermelon Rind Pickle

Soak 5-½ lbs. watermelon rinds in 1 gallon cold water with 4 tablespoons salt. On the next day drain thoroughly and cook in 1 gallon water with 4 tablespoons alum for 30 minutes. Drain and cook for 45 minutes in clear water.

To make syrup:

Mix together 4-½ lbs. sugar, 2 cups vinegar and pickle spices (in a bag). The amount of pickle spices used will depend on how spicy a flavor is desired Let syrup come to a boil and add watermelon rinds. Boil for 5 minutes and seal in hot sterilized jars.

Many thanks to the late Mrs. Eloise Wheeler who shared this time-tested recipe for watermelon rind pickle. Mrs. Wheeler had successfully used this prize-winning recipe for 40 years. This is certainly a recipe you will want to clip and save.

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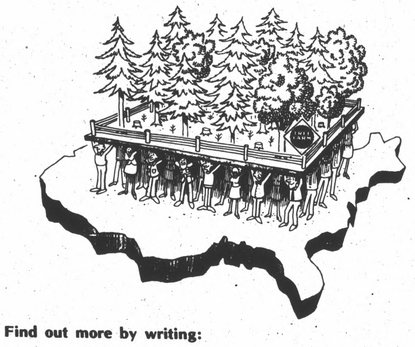

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